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(71) Applicant (for all designated States except US): QUEST  
INTERNATIONAL NEDERLAND B.V. [NL/NL]; Huiz-  
erstraatweg 28, NL-1411 GP Naarden (NL).

(72) Inventors; and

(75) Inventors/Applicants (for US only): SIEMENSMA,  
Andries [NL/NL]; Harstastate 21, NL-8926 Le Leeuwar-  
den (NL). KUNST, Anthonie [NL/NL]; Weegbree 41,  
NL-1273 AN Huizen (NL). HAKKAART, Marcellinus  
[NL/NL]; Surinamelaan 18, NL-1213 VN Hilversum (NL).

(74) Agent: VAN WESTENBRUGGE, Andries et al.; Ned-  
erlandsch Octrooibureau, Scheveningseweg 82, P.O. Box  
29720, NL-2502 LS The Hague (NL).

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(54) Title: METHOD OF TREATING OR PREVENTING OBEISITY AND LIPID METABOLISM DISORDERS AND COMPO-  
SITIONS FOR USE THEREIN

(57) Abstract: The present invention provides a method of preventing or treating human obesity, said method comprising ingesting  
a composition containing, calculated on dry matter: 10-100 wt.% protein hydrolysate; 0-90 wt.% intact protein; 0-50 wt.% carbohy-  
drate; and wherein hydrolysed protein and intact protein together are present in a concentration (w/w) that exceeds the carbohydrate  
concentration (w/w). The invention also encompasses the use of the same composition in a method of preventing or treating lipid  
metabolism disorders and in a method for improving body appearance. Other aspects of the invention relate to nutritional beverages,  
snacks and soups that can advantageously be employed in accordance with the aforementioned methods.



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